

# September is Suicide Prevention Month

## Take action by completing

# Mental Health First Aid

Become prepared to assist someone who is thinking about suicide or is experiencing a mental health or substance use related crisis

Choose **Adult** or **Youth Mental Health First Aid**  
(or both!)



MENTAL  
HEALTH  
FIRST AID®



YOUTH  
MENTAL  
HEALTH  
FIRST AID®

These **FREE** 8-hour courses are in **Alpena**  
at **First Presbyterian Church Social Hall**

**Youth Mental Health First Aid** will be 5:30 p.m. to 9:45 p.m.  
Wednesday, **September 18** AND Thursday **September 19**

**Adult Mental Health First Aid** will be 5:30 p.m. to 9:45 p.m.  
Monday, **September 23** AND Tuesday **September 24**



In the **adult** course, you'll learn risk factors and warning signs for suicide and mental health concerns in adults. The **youth** course is for anyone who lives with, works with, or cares about youth age 12-18. You'll learn the unique risk factors and warning signs for suicide and mental health problems in adolescents.



Both courses include a **5-step Mental Health First Aid Action Plan** you can use to help adults and young people in both crisis and non-crisis situations. Mental Health First Aid teaches about *recovery* and *resilience* – the belief that individuals can and do get better.

Both eight-hour courses are for persons ages 18 and are **FREE** to participants, thanks to funding from **Northeast Michigan Community Mental Health Authority**

*Certified Trainers are Carlene Przykucki and Mary Schalk of Partners In Prevention*

**Space is limited. Register by calling 989-356-2880**